

# OCTOBER LUNCH



## Houston Gateway Academy LHS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				PAPA JOHN'S PIZZA Country Blend Vegetables Baby Carrots Ranch Dressing Fresh Banana Diced Pears Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
TURKEY & CHEESE ON A BUN <sup>^</sup> French Fries Diced Carrots Diced Pears Orange Juice Fritos <sup>^</sup> Light Mayonnaise Ketchup Choice of Milk	CRISPY CHICKEN PATTY <sup>^</sup> Hamburger Bun <sup>^</sup> Mixed Vegetables Green Beans Orange Juice Craisins BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI <sup>^</sup> Potato Wedges Corn Diced Peaches Blended Fruit Juice Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun <sup>^</sup> Baked Beans SunSet Sip Juice Sliced Apples Grape Juice Mustard Ketchup Choice of Milk	PAPA JOHN'S PIZZA Broccoli Diced Carrots Fresh Banana Apple-Cranberry Juice Chocolate Cookie <sup>^</sup> Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
PIZZA DIPPERS <sup>^</sup> Marinara Dipping Sauce SunSet Sip Juice Applesauce Grape Juice Choice of Milk	CRUNCHY CHICKEN TENDERS <sup>^</sup> Corn Green Beans Diced Pears Blended Fruit Juice Cheddar Sun Chips <sup>^</sup> BBQ Sauce Choice of Milk	*GLOBAL BITES* PENNE PASTA W/MEAT SAUCE <sup>^</sup> Broccoli Fresh Banana Apple-Cranberry Juice Snickerdoodle Cookie <sup>^</sup> Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun <sup>^</sup> Baked Beans Applesauce Orange Juice Fritos <sup>^</sup> Mustard Ketchup Choice of Milk	PAPA JOHN'S PIZZA Mixed Vegetables Green Beans Diced Peaches Blended Fruit Juice Chocolate Cookie <sup>^</sup> Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
MAC & CHEESE <sup>^</sup> Cornbread <sup>^</sup> Green Beans Diced Carrots Diced Pears Blended Fruit Juice Choice of Milk	CRISPY CHICKEN PATTY <sup>^</sup> Hamburger Bun <sup>^</sup> Broccoli Corn Diced Peaches Grape Juice BBQ Sauce Choice of Milk	HERO SANDWICH <sup>^</sup> Potato Wedges Mixed Vegetables Orange Juice Craisins Mustard Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Rounds <sup>^</sup> Salsa Cup Corn Sliced Apples Orange Juice Chocolate Cookie <sup>^</sup> Choice of Milk	PAPA JOHN'S PIZZA Baked Beans SunSet Sip Juice Fresh Banana Grape Juice Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
PIZZA DIPPERS <sup>^</sup> Marinara Dipping Sauce Tropical Veggie Juice Applesauce Grape Juice Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Salsa Cup Tortilla Rounds <sup>^</sup> Diced Peaches Craisins Chocolate Cookie <sup>^</sup> Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun <sup>^</sup> Mashed Potatoes SunSet Sip Juice Fresh Banana Orange Juice Choice of Milk	CHICKEN NUGGETS <sup>^</sup> Broccoli Corn Diced Peaches Blended Fruit Juice Vanilla Cookie <sup>^</sup> BBQ Sauce Choice of Milk	PAPA JOHN'S PIZZA Diced Carrots Baked Beans Diced Pears Apple-Cranberry Juice Fritos <sup>^</sup> Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

<sup>^</sup> Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

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